

The Sunshiner

March 2009

Volume 1, Issue 1

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Delegate's Report

Hi Florida South,

The Southeast Delegate Get Together has come to a close and so many ideas are rattling in my head. I loved the opportunity to hear Delegates from Panel 8 to new Delegates, like myself in Panel 49, and every Delegate in between share their experience, strength and hope. Thirteen questions were raised as open topics and Area Delegates were able to share if they had similar experiences and then opinions were given on topic.

Our Trustee-At-Large, Doreen DeVore from North Carolina gave a very comprehensive report as to what was happening on the Board of Trustees and what we, new Delegates, could expect at Conference. This year's theme is *Embrace the Legacies: Our Spiritual Bridges to Expand the Future*. The day of the "Brown Envelope" is coming to an end. In this electronic age, communication needs between the World Service Office and the Area is being met by utilizing email, conference calls and web seminars as well as Community in an effort to lessen printing and postage costs. The Board of Trustees strategic plan is that people, all over the world, will recognize the AFG name, what to do, how to contact us and where and when to find a meeting so that the program of recovery will be available to all who have been affected by someone else's drinking. A Trustee is assigned to every delegate to help them at/thru the World Service Conference in areas like transportation, what to wear, and certain rules like no lotions or perfumes may be worn. The Trustee assigned to me is Doris the SC Regional Trustee who lives in Oklahoma. Georgia, our Past Delegate was also assigned to her. Currently, Mary Ann Reid is the Chairman of the Board and Ric Buchanan is the Executive Director of the World Service Office.

I felt honored to have had Georgia introduce me as the Panel 49 Delegate from Florida South at the Southeast Regional Delegates Get-Together. We were well represented by our past delegates: Buck Diehl – Panel 25, Mary Ann Sarka – Panel 28, Roberta Virta-Panel 37, Stu Mirsky – Panel 43 and Georgia Carlen –Panel 46 and myself; Linda Stegman – Panel 49. Thank you Florida South for giving me the opportunity to serve you as your current Delegate. Remember I am YOUR voice. I may not have the answer to your question but I will try to get an answer for each of your questions and/or concerns. For me to be your liaison – your voice at the World Service Conference it is important to know how you feel about issues affecting Al-Anon/Alateen as a whole...so please don't hesitate to contact me:

Tel: 561-367-9456 Fax: 561-347-9732 Email: delegate49fls@comcast.net

With Al-Anon Love,

Linda S



Calendar of Events—2009

March/April

March 14: District 169- **3rd Annual Speaker's Marathon**, Wellington Presbyterian Church, Wellington, FL

March 14: District 130- **Blossoming into Recovery-Gratitude Dinner** 5PM-10PM Venice Presbyterian Church, Venice, FL

March 21: District 170, **Day of Workshops**, Trinity Lutheran Church, Delray Beach [Flyer](#)

April 5: District 190—**ABUNDANCE in RECOVERY**, Temple Beth Shalom, Miami Beach. FL 9:30AM-4:30 PM

April 17-24: **World Service Conference**, Virginia Beach, VA

April 25: **Bloom in Recovery –Tradition and Concept Workshop**—Cooper City Church of God, Cooper City, FL 10:30AM—3PM

May/June

May 1 - 3: 2009 AA BTC w/AI-Anon & Alateen, Niagara Falls, ON, Canada [Flyer](#)

May 19-31: **SPRING ASSEMBLY** Holiday Inn—Sunrise, Florida

July/August

July 24-26: **Camp AI-Anon, Duncan Center, Delray Beach, Florida**

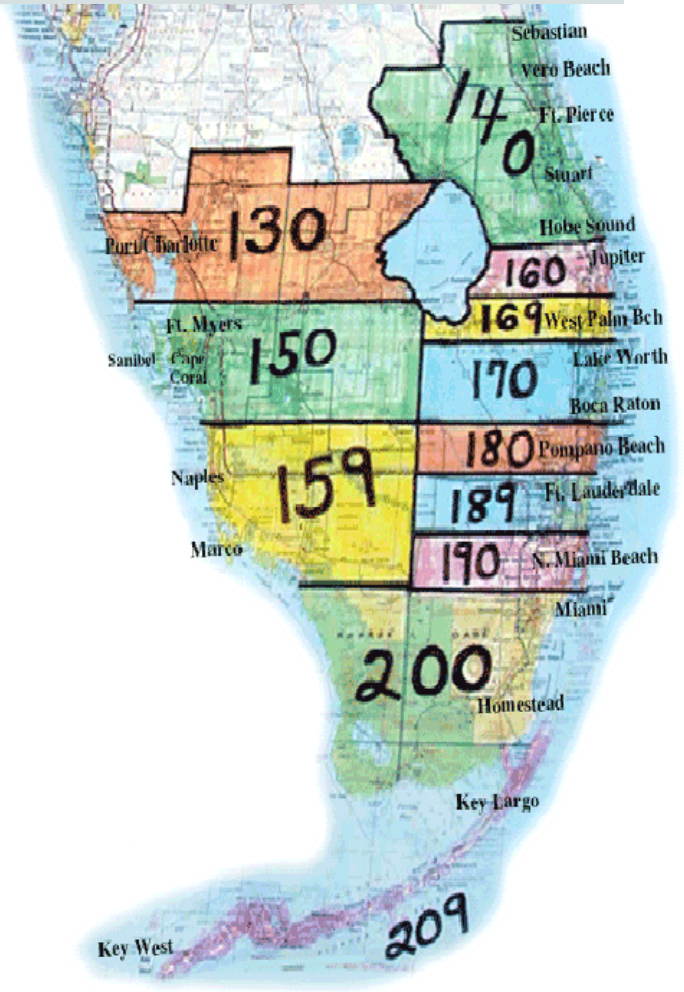
Aug. 7-9: **AWSC MEETING**—AmericInn, Bonita Springs, FL

Aug. 21-23: **20th ANNUAL FLS AREA 10 AFG CONVENTION "Stepping Into Paradise"** Airport Hilton—West Palm Beach, FL

September/October

September is Recovery Month

Oct. 23-25: **FALL ASSEMBLY**—Holiday Inn—Sunrise, FL



GET IT THE CAR —THERE'S ALWAYS
ROOM FOR ONE MORE!





Message from the Chair

When I received my copy of Area Highlights in the mail, I saw that the theme of the World Service conference this year is "Embrace the Legacies: Our Spiritual Bridges to Expand the Future." Doreen D., the Conference Chairperson wrote about how the Board of Trustees has a strategic plan for looking ahead and expanding Al-Anon's worldwide outreach. That made me think. Do we in Florida South have a strategic plan? What goals do we have? It made me realize that the work we do today will help shape and strengthen our fellowship for future members.

Lois W. said "...it is so important to keep Al-Anon alive and to keep past growth as well as future growth." We have many challenges ahead of us as an Area, but I know that together we will meet those challenges with enthusiasm. We have many resources to help build Bridges and Expand the Future here in Florida South - from the work of those who came before us, to utilizing new technologies such as our website, on-line meeting lists, links to the World Service Office on-line pod casts and on-line CAL, Al-Anon Faces Alcoholism - our pamphlet for professionals, our Get on the Bus Ads, as well as new and exciting ways to energize our Assemblies with Power Point presentations,

I am honored to be serving as Florida South Chairperson on Panel 49, and am glad that we are on this journey together. I look forward to seeing you at our Spring Assembly May 29-31, 2009 at the Holiday Inn, 3003 North University Drive, Sunrise, Florida 33322.

Love in Service,

Jennifer D.

Area Chairperson - Panel 49



v

Fill your basket with knowledge:

Ask any Al-Anon/Alateen question and see your answer in the next issue!

When & Why Email questions to: sunshiner49@att.net

Al-Anon Around the World:

Share your experience of a meeting outside your state or country.



LOVE GIFTS

What are they-what are they for? Love gifts are creative, handmade trinkets that express an Al-Anon message or theme. Each District in every Area assembles 150 of these gifts for their Delegate. They are to be kept light-weight for shipping and on each trinket is written a District & Area number (our Area is FL South, Area 10.) They are mailed to our Delegate at the World Service Conference. Our Delegate exchanges her love gifts with other Delegates and then brings her collection of Love Gifts to the next Area Assembly . It is a fun way of passing Al-Anon love throughout different areas inexpensive,



Send gifts so they arrive between April 16-19

*(get Linda's LAST NAME from your DR)

Linda S

AFG World Service Conference

Wyndom Virginia Beach Ocean Front Hotel

5700 Atlantic Ave

Virginia Beach, VA 23451

What is "Convention?"

It's a playful event put together

BY program people **FOR** program people.

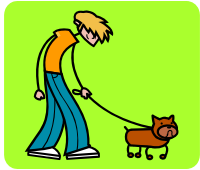
Hold for Linda S

AFG Conference

4/19-4/23 2009

Please use Linda S. return address

COORDINATOR HIGHLIGHTS



ALATEEN



Goal: To have the re-certification process completed by our next Assembly in May. I will be in communication with each district to assist in this process. The background check procedure has yet to be determined therefore this MAY NOT (or may) be part of the current re-certification. However, at minimum, I need to determine those sponsors who are willing and able to continue in their service under the new guidelines.

REMINDERS:

1. Only two certified sponsors per meeting should be in attendance
2. All Alateen meetings are closed
3. Only Certified Sponsors are allowed in Alateen meetings.
4. Sponsorship and Recovery are an Adventure!

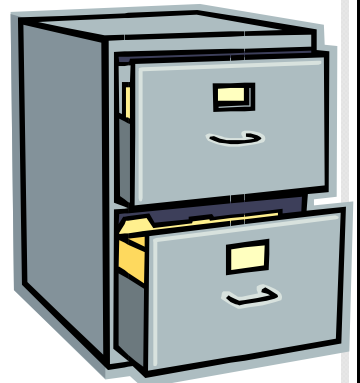
KRIS

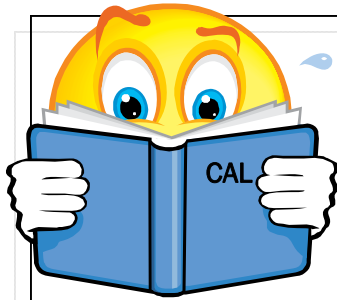
ARCHIVES

Archives are safely stored in a climate-controlled commercial facility in Miami. They fit neatly inside the smallest available unit with plenty of room for growth. Monthly rent on the unit is reasonable (well within the Area budget), and we are exempt from taxes. Many thanks to Jennifer, panel 46 Archives Coordinator for providing me with a clear job description & leaving things very well organized!.

I welcome contributions of anything that can be put away for safekeeping in the area archives:

1. workshop flyers,
2. Newsletters
3. Old CAL (1st edition, signed or out of print books)
4. Spanish CAL and/or flyers
5. Alateen
6. Convention memorabilia
7. Group histories
8. Photographs.





LITERATURE

I asked Tom C. (Associate Director of Communications-Literature at WSO) to encourage participation, in district, in the "Sample Chapter Literature Projects". At this time, you are asked to read the book, "In All Our Affairs" and then use a copy of the attached form to encourage members and groups to discuss the book. You are then asked to email or fax a copy of the completed form to AFG Headquarters by April 15, 2009 (short notice) to the address indicated on the form. Selected topics and questions will then appear on the CAL Sample Chapter Page at the Al-Anon web site from July-September, www.al-anon.org/members. Dorothy

A new literature project: Using ...In All Our Affairs (B-15) for a meeting topic



Here's a fun project to encourage members and groups to use a variety of Conference Approved Literature at meetings!

Due April 15, 2009:

- 1. Select a meeting topic using the book ...In All Our Affairs. (The index may give you some ideas.)

Topic: _____

- 2. Select a brief, appropriate quote from the book on this subject (one paragraph or less). Please include the page number.

- 3. Write five questions that can stimulate conversation (not "Yes" or "No" answers) on this topic for group discussion:

1) _____
2) _____
3) _____
4) _____
5) _____

- 4. Please return via e-mail, fax, or mail to the World Service Office by April 15, 2009: Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454 Phone: 757-563-1600 Fax: 757-563-1655 e-mail: wso@al-anon.org, Attn: B-15 Lit. Project

This is topic is submitted by:

Name or Group Name: _____

State or Province: _____

Address: _____

Selected topics & questions will appear on the CAL Sample Chapter page at www.al-anon.org/members from July through September 2009.

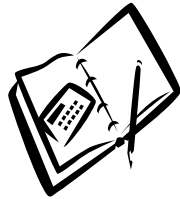
GROUP RECORDS



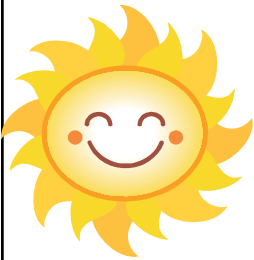
Please send all Group changes to Betsy our Group Records Coordinator.

Send all CMA if you have not already done so on the forms that your DR's have. If mail from WSO comes back with incorrect addresses your group will be considered dormant..

You can contact Betsy @ GroupRecords49@yahoo.com



SUNSHINER



This is your newspaper, so I am looking forward from hearing from you to let me know what you would like to see and read about.

If you have group or district questions that you would like answers to, this is the place to send them.

I would like you to supply the questions for the Ask It Basket. Would you like to continue with Traditions and Concepts..

This is a forum for Area 10, Florida South. All articles for the May publication MUST be emailed by APRIL 1st

You can contact me @ sunshiner49@att.net

Love in Service,, Cheryl A.

SPANISH



Sonia our Spanish Coordinator has make contact with Intergroup of Miami and will be meeting with them on March 14th. They meet the

2nd Saturday of the month. I am very excited about meeting with the Spanish Groups.



WEBMASTER

First Things First; I have a request for those who send information to be updated on the Area Web site. Please make sure to include the District number you are representing in the Subject line of all emails that are sent to me. Example, Subject: District 130, etc. This will help me connect names with Districts and which Web pages need to get updated. Thank you!

I'vet received lots of emails with requests for updates to our "Calendar of Events" page on the Web Site.. *PDF formats are the best when sending Flyers to be posted. on Web Site.

Thank you, Mary J

PUBLIC OUTREACH

ABC TV producers were very cooperative with the WSO in preparations for the most recent episode of the show, "Super nanny," which airs on Friday nights. The producers altered their original script for an Al-Anon/Alateen public service announcement. The episode aired Feb 6th & is available for viewing right now at www.abc.go.com. Click on "free episodes" then click on "Supernanny".....Volunteers needed for PSA on local stations. Contact Sean...publicoutreach49@hotmail.com for more information. Sean

DISTRICTS/AISL

140— Birdie—Open Gratitude Dinner “Spring into an Attitude of Gratitude,” will be Sat, March 21 in Port St. Lucie.

Sent WSO \$260, the profit from our Closed Gratitude Dinner held last year.

150 - Diane—Projects that will be carried over into 2009 is the advertising on the County Buses, the Crying House Billboard on Old US 41 in N Ft. Myers. and the advertisement in the Parent and Child Magazine. Projects completed in 2008 were the distribution of Al-Anon books to County libraries , College Libraries and Church libraries.

March 24th—26th we will be participating in Lee County's Drug House Odyssey. This is an annual event that includes local law enforcement, medical personnel, legal professionals, high school students recreating a series of scenes that show the effects & consequences of alcohol & drug abuse. Our district will be handing out Al-Anon literature at the event.

Our CPC Committee has initiated contact with Local Law enforcement, and offered to provide Al-Anon literature & “Where & When’s” for them to carry in squad cars & give out when appropriate.

159—Nanda— March 16th the Marco Island Group will be celebrating their 23rd Anniversary at the United Church, 320 N Barfield Dr. Al-Anon & AA speakers. Lunch will be served. Time 11am-2pm

169—KarenJean-3rd Annual Speakers' Marathon, March 14th from 11:30am— 4:30pm @ Wellington Christian School in Wellington. There will be AA participation. Pot Luck lunch.

170—Art- Camp Al-Anon”s “Treasures of the Jungle”, July 24th-26th at The Duncan Center, Delray.

180—Becky—Day of Workshops in Coral Springs on May 16th, so save the date and more information will be on the web site soon.

189—Marianne-Hosting a Day of Workshops. The date, time, & location have not yet been decided

Public Outreach reported that Al-Anon was represented with a booth at the FAU Davie Health Fair.

Al-Anon will also be represented with a booth at the 2009 Broward County School Social Work Conference at the Airport Hilton in Ft. Lauderdale, on March 20, 2009. Bus/Bench adds are being taken back to groups

200—Mary-Groups in District 42, 25 registered English meetings (7are Open Meetings), 2 unregistered meetings, 2 Alateen meetings, and 13 Spanish meetings (all are Closed Meetings)

Can I bring my family?

This is an open function and everyone is welcome.....some members had their very first meeting at our conventions.

About how much does it cost?

* Registration fee per person is:

\$30 (January 1 - March 31, 2009)

\$35 (April 1 - July 31, 2009)

\$35 (August 1 or after - at the door)

Alateen registration is \$10.

(Notarized Medical & Travel forms are required)

* As an extra, we have an Ice Cream Social on Friday night which is \$10 per person.

* There is also a Banquet on Saturday night, which is \$35 per person (beef, chicken, vegetarian).

What is a Convention?

Find out at:

Stepping into Paradise
2009



20th Annual
Florida South Area 10
AFG Convention!

WHERE?

Hilton Palm Beach Airport
150 Australian Ave.
West Palm Beach, FL 33406
561-684-9400



HOW?

Ask your GR for a
registration form today!



WHO?

YOU!!



WHAT?

The Convention!



WHEN?

August 21 - 23, 2009

- Southeast**
- Region**
- Alabama
- Bermuda
- Florida North
- Florida South
- Georgia
- Kentucky
- Mississippi
- North Carolina
- Puerto Rico
- South Carolina
- Tennessee
- Virginia
- West Virginia

Seren-i-Tiki Boutique Needs you!

The theme for this year's AFG Convention is

"Stepping into Paradise"



We are seeking items that are new or hand

made, spiritually related (not religious), humorous, sincere, modern, useful, whimsical and just all around inspiring and interesting.

We love jewelry and all things Al-Anon related, and candy is always a welcome treat.

Abundance in Recovery Workshop

Name _____

Address _____ City, State _____ Zip _____

Phone _____ Email _____

Postmark by 3/15/09: \$10.00 or register at door \$13.00.

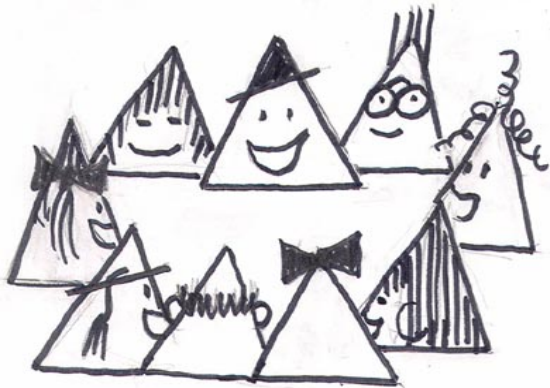
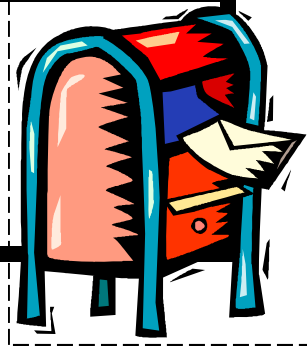
Make checks payable to District 190

Mail your Area Donations to:

FL South Assembly

PO Box 112256

Naples, FL 34018



A few of our Favorite Pamphlets:

Alcoholism, A Merry-Go-Round Named Denial (P3)

Alcoholism, The Family Disease (P-40)

Guide for the Family of the Alcoholic (P-7)

Three Views of Al-Anon (P-15)

Sponsorship, What It's All About (P-31)

Al-Anon Suzie Says:

TO FEEL LIKE YOU BELONG

REMEMBER

*PARTICIPATION IS THE KEY
TO HARMONY*



Personal contact numbers are not permitted in the online issue of the Sunshiner.

You will find this list of Committee Members and their contact numbers published in the mailed-out issue of the Sunshiner, which has been sent to each group representative, district representative, panel members and those with a membership subscription.

To subscribe to the SUNSHINER please see the back of this newsletter and complete the application form.

Cheryl A.

Sure, I'd love to subscribe to the Sunshiner.

Name _____

Address _____

City _____ State ____ Zip: _____

Enclosed please find \$_____ for a ____year Subscription (\$3.50/yr)



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Assembly and mail to:

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PO Box 112256

Naples , FL 34018

From:

The Sunshiner

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